



4 - 'Soft room'



8- Tsunami aid

## Brief Notes

Phase one of the Main Base road pavement replacement project continues.

Paving work this week is being performed **between Galaxies and the NEX Autoport on California Drive from the Tategami Gate to the Laundry Mat / Barber Shop area.** This construction area is reduced to one lane traffic from 8 a.m. to 4:30 p.m. each working day. **Tategami Gate will be closed from January 15-17(holiday weekend)** to allow for work in this area.

Paving work next week ( January 24) will take place on South Carolina Avenue, in front of the NEX Four Seasons store.

We remind you to please be attentive to the directions given by the flagmen and follow safe driving practices when driving through areas under construction.

Your patience throughout this construction work is appreciated.

For further information regarding this paving work, contact ROICC at 252-3469.

## New car rental rates

Effective Feb. 1, 2005:

**Sedans:** \$43 daily \$259 weekly + Insurance. **Vans:** \$64 daily \$384 weekly + Insurance **Trucks:** \$7 hourly \$39 daily \$234 weekly + Insurance

## Command Connection

The Command Connection Radio Show airs Tuesdays at 5:30 p.m. on 1575 AM Thunder Radio. Email: [commandconnections@cfas.navy.mil](mailto:commandconnections@cfas.navy.mil) Call the show during the broadcast to interact with command leadership. On-base: 252-1575. Off-base or cellular, 0956-50-1575.

## USO Notes

Sasebo Stitching Group is meeting at the Nimitz Park USO on Jan. 14 from 6:30p.m. – 8:30 p.m. Bring a project and join us!!

Eastwood Furniture sale will be at Dragon Crest on Main Base Saturday January 22 and Sunday January 23.

## Weather

**Sunday:** Mostly Cloudy  
H 46° L 37°

**Monday:** Mostly Cloudy  
H 46° L 37°

## DUI Counter:

26 days as of Jan. 13



*A Lance Corporal (left) helps an Airmen Apprentice hook pennants attached to cargo on to a SA-330 Puma helicopter from the pick up point aboard the flight deck of the USS Essex (LHD 2) during a vertical replenishment (VERTREP). Essex also brought aboard aviation support gear, repair parts and addition equipment in preparation of moving from the Gulf to Indonesia to provide relief and support as part of Operation Unified Assistance. Essex is the Navy's only forward deployed amphibious assault ship and it is the flag ship for Amphibious Ready Group, homeported out of Sasebo, Japan. (Official U.S. Navy photo by Photographer's Mate / irman Nicholas C. Messina)*



Released by CNFJ Public Affairs

Last month, Ambassador Howard Baker announced his intention to end his tenure as Ambassador and depart Japan Feb. 17. He will be missed, as a skilled diplomat, a staunch advocate and a dear friend to the forward-deployed U.S. military forces and the Japanese people.

Since his appointment by President Bush in 2001, Ambassador Baker has been the voice of the State Department and the President in Japan. Conversely, in a very real sense, he has been a skilled interpreter of Japanese actions and opinions to the President and the people of the United States of America.

Ambassador Baker has played a vital role in maintaining and improving relations between our two countries. Through his tireless efforts, the tone of the Japan-U.S. relationship since he arrived is as good as it ever has been.

Two months after his arrival, the U.S. was attacked by terrorists, and the world

# VITA center to provide free tax assistance at CFAS

**JO1(SW) Ron Inman**

Released by CNFJ Public Affairs

Volunteer Income Tax Assistant (VITA) training will be conducted by Naval Legal Service Branch Office (NLSO) Sasebo from Jan. 25-28 at the Community and Education Center and volunteers are needed to make the program a success. No prior experience is necessary.

According to Fleet Activities Sasebo (CFAS) Tax Officer and NLSO Sasebo Leading Petty Officer, LN1(SW/AW) Nichoelle D. Smith, the VITA program was originally created to provide tax assistance to young, enlisted junior Sailors in paygrades E-1 to E-5, but evolved to serve the needs of all active duty and activated Reserve Navy and Department of Defense (DoD) civilian personnel, retirees and their family members.

"The program's purpose is to provide free and efficient tax assistance," Smith said.

Tax season begins Feb. 7, 2005, and will conclude June 15, 2005 for personnel stationed overseas - a 60-day extension. According to Smith, Sasebo's VITA office will open for business in early February - but she still needs 15 volunteers.

The same personnel eligible to receive

VITA services can also volunteer to be VITA representatives and assist the CFAS community with their state and federal tax returns.

"We assist with state tax returns as applicable," said Smith. If we have the forms for the state, we can fill it out. If not, we can assist the customer in obtaining them."

Smith added that VITA tax representatives who attend the upcoming training will receive comprehensive training on how to fill out 1040EZ, 1040A and 1040 federal income tax returns electronically. With the training they receive, they will also be able to fill out their own tax returns in the future - and potentially open a door to future employment.

"People who attend the VITA training will get some good experience under their belt they can use for [potential employment] at H&R Block and other tax preparation offices," said CFAS Command Master Chief CMDCM(SS) Bill Lowmon.

"The training is free, and we ask representatives to volunteer for at least a couple of hours a week," Smith concluded.

For more information, contact Smith at 252-3347.

## Fair winds and following seas to U.S. Ambassador to Japan

Released by CNFJ Public Affairs

was shocked by the events of Sept. 11, 2001. Ambassador Baker played an important role in enhancing both the sense of U.S.-Japan solidarity and the heightened desire to strengthen our security ties following the 9/11 attacks.

Ambassador Baker has worked especially hard to improve conditions for our Sailors (and all of our forward-deployed service members) and their families, taking up our causes and working our issues. He shepherded the U.S. Navy's compensation agreement with survivors and families of lost crewmembers and students of the Ehime Maru to closure.

He helped bring USS Harpers Ferry (LSD 49), USS Fitzgerald (DDG 62) and the first Super Hornets to Japan, improving the capabilities of the Forward Deployed Naval Forces, and our ability to fulfill our commitment to the defense of Japan. He has made it possible for our ships to visit dozens of ports throughout this beautiful country. He has helped us build much-needed housing.

Ambassador Baker's departure also removes from the U.S. Embassy Country



*Accompanied by a Vice Admiral, the U.S. Ambassador to Japan (foreground) speaks in the hangar of the USS Kitty Hawk. The ambassador announced that he will resign as U.S. Ambassador to Japan in February. (Released by CFAS Public Affairs)*

Team another of its MVPs – his wife Nancy. A former Senator from Kansas for 18 years, her skills and experience will be missed, as will her friendship.

For three and a half years, Ambassador Baker has been the vital link between the United States and Japan, and a true and loyal friend of the U.S. Navy. We in the FDNF will miss his advice and guidance, his unwavering advocacy and his warm support.

In true Navy tradition, we extend to Ambassador Baker our best wishes for fair winds and following seas.



# New customs policy at post office ensures easier process for Sailors

Released by CFAS Public Affairs

As of Jan. 1, 2005, a new customs policy regarding the acceptance of customs forms went into effect, making the process easier for personnel at Fleet Activities Sasebo (CFAS). The green customs form, PS Form 2976 (2-part set), includes all MPS (Military Postal System) articles, parcels and correspondence containing merchandise with the exception of letter mail, pictures, postcards and brochures, insured mail with an indemnity \$50 and under (regardless of class), all mail regardless of class with a monetary value of \$399.99 or less and any mail not insured with the exception of International mail. The large white customs form, PS Form 2976-A (5-part set) includes all Insured Mail with a value of \$50.01 and above and any mail with a value of \$400 or more. International Mail requirements vary from country to country. Prior to sending

a piece of mail to an International country, consult postal finance clerks to ensure that you prepare the right form. For Articles that do not require customs forms: Letter Mail/MPS Letters/Cards (containing only: paper, pictures, brochures and documents) Priority Mail Flats provided in postal lobby areas. (Containing only: paper, pictures, brochures and documents) If customers would not like to show the contents on the outside of the article, there is an alternative. Before sealing your parcel or article that requires a U.S. Customs Declaration Form simply fill out a “Large White Customs Form” and have postal finance clerks weigh and endorse it. Copies of the form will be put inside the article. Postal finance clerks will then place a Customs Endorsement on the outside of the article displaying to U.S. customs officials that the completed declaration is contained inside the article.

The following are some frequently asked questions: **Can I mail the Japanese decorative swords that are sold at our local Navy Exchange?** Yes. To accept swords, they must be packaged securely ensuring no sharp edges have the ability to protrude the packing material during transportation. **Can we send Japanese sake (rice wine) through the mail?** No. Alcoholic beverages cannot be mailed under any circumstances. **Can I use a Priority Mail Box provided to 'MPS' something to one of the ships in the MPS area?** No. All mail that displays the USPS “Priority Mail” (Eagle Logo) are registered trademarks of the USPS and cannot be mailed via any other class except Priority Mail. This includes the Priority Mail address labels that are provided in Postal lobby areas. **How long does mail take to get to**

**the United States?** First Class/Priority Mail delivery time takes an average of seven-10 Business days. (Business days consisting of Mon-Sat) SAM (Space Available Mail) Estimated delivery time is seven-60 business days. Once SAM mail is received at the USPS Gateways, it is transported by air on a space available basis. If space is not available, SAM may travel by surface only. All military personnel who have been assigned Mail Orderly Duties must be in the Uniform of the Day, possess DD Form 285 (Mail Orderly Card), CAC/Armed Forces Identification Card and be transporting mail in government vehicles to be eligible for pick-up. For more information on what can or cannot be sent via the mail, and on the new customs policy, contact the CFAS Post Office at 252-3467.

## MOAA's base/post scholarship season now open

Released by the MOAA

Applications are being accepted for the Military Officers Association of America's (MOAA) 2005 “Base/Post Scholarship program. The program is currently accepting applications from dependents of active duty personnel worldwide. To be eligible, a student must be under the age

of 24, working on a first undergraduate degree and a dependent child of an active duty servicemember. This includes members of the drilling Reserves and National Guard. GPAs, SATs or essays are not needed to apply. Grant recipients will be randomly selected from among applicants within each of the seven services. MOAA

membership is not a requirement. An online application can be found on the MOAA website, <http://www.moaa.org>. The deadline for all submissions is no later than Noon EST, March 1, 2005. Semi-finalists will be notified by email and the self-check on the website by mid-March. Winners will be notified in May.

## Safety Corner: Ten Commandments of safety, space heater use

**Charles Carr**  
CFAS Safety Department

Your job in management at Fleet Activities Sasebo (CFAS) places you in a unique position of trust. The Navy relies on you, as the direct representative of management, to apply its policies wisely and fairly and entrusted to you is the obligation to safeguard the well being of your workers in your charge. No responsibility transcends this in importance. On the job mishaps represent prevention calls for your constant vigilance. Therefore, if you would guide your employees safely through their daily work be yourself guided by the precepts: You are a supervisor and thus, in a sense, have two families. Care for your people at work as you would care for your people at home. Be sure each of your workers understand and accept personal responsibility for safety. Know the rules of safety apply to the work you supervise. Never let it be said one of your workers was injured because you were not aware of the precautions required on the job. Anticipate the risks that may arise from change in equipment or in methods. Encourage your workers to discuss with you the hazards of their work. No jobs should proceed where a question of safety remains unanswered. Instruct your workers to work safely,

as you would guide and council your family at home - with persistence and patience. Follow up your instructions consistently. See to it workers make use of the safeguards provided them. If necessary, enforce safety rules with disciplinary action. Do not fail the Navy, which has sanctioned these rules - or your workers, who need them. Set a good example. Demonstrate safety in your work habits and personal conduct. Do not be a hypocrite. Investigate and analyze every mishap, however slight, that befalls any of your workers. Where minor injuries go unheeded, crippling mishaps may later strike. Cooperate fully with those in the organization actively concerned with employee safety. Their dedicated purpose is to keep your workers fully able and on the job and cut down the heavy personal toll of mishaps. Remember - not only does mishap prevention reduce suffering and loss, from the practical viewpoint; it is no more than good business. Safety, therefore, is one of your prime obligations to the Navy, your fellow managers and your fellow man. By leading your workers into “Thinking Safety” as well as working safely day-by-day, you will win their loyal support and cooperation. More than that, you will gain in personal stature. Good workers do good work for a good leader.

**Space Heater Safety** It's getting cold out there, and as the outside air cools, space heaters start up inside shops, barns, greenhouses and other work areas. Self-contained, air-heating appliances designed for temporary space heating can rely on gas, electricity, or kerosene for fuel. Many newer electric space heaters have a safety switch that automatically turns the unit off if it is knocked over, but whether you're using a new or old heater, remember these safety precautions to minimize the risk of fire. Put heaters on the floor. Placing them any higher than that increases the risk of them falling and being damaged. Do not use heaters in wet or moist places unless they are certified for that purpose. The corrosion caused by dampness can create shock hazards or cause fires. To reduce the risk of fire, choose a heater with infrared or proximity sensors that will turn the heater off when objects come too close. When installing your electric space heater, do not place anything on top of the cord that could cause the cord to overheat. Avoid using extension cords. If you must, make sure the cord is heavy enough. Check your owner's manual for the appropriate gauge. For more information on either of these topics, contact the CFAS Safety Office at 252-3512.

**CAPT. MICHAEL L. JAMES**  
COMMANDER  
FLEET ACTIVITIES SASEBO  
252-3444

**CMDR. BERNARD P. WANG**  
CHIEF STAFF OFFICER  
FLEET ACTIVITIES SASEBO  
252-3444

**CHARLES T. HOWARD**  
CFAS PUBLIC AFFAIRS OFFICER  
252-3029  
[charles.t.howard@sasebo.navy.mil](mailto:charles.t.howard@sasebo.navy.mil)

**JO1(SW) RON INMAN**  
EDITOR, SASEBO SOUNDINGS  
252-3485  
[ronald.inman@sasebo.navy.mil](mailto:ronald.inman@sasebo.navy.mil)

**JOSN JEFF JOHNSTONE**  
STAFF WRITER/EDITORIAL ASSISTANT  
252-3409

**LARA DEGUZMAN**  
STAFF WRITER

**CTF 76 PUBLIC AFFAIRS**  
**LT. ED SISK**  
**JO2 JAMES KIMBER**  
252-2810

**FLEET IMAGING**  
**PH1 (SW) PAUL PHELPS**  
**PH3 IAN W. ANDERSON**  
**PH3(AW) YESENIA ROSAS**  
**PHAN MARVIN E. THOMPSON, JR.**  
252-3559

The *Sasebo Soundings* is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and under the direction of the Public Affairs Officer.

Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense.

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

This paper is funded by appropriated funds. The distribution of 2,000 copies is printed by Minato Printing Co., Ltd., Sasebo City, Japan.

All items for submission must be brought into the *Sasebo Soundings* office in PW 80 or sent by guardmail or MPS, or emailed to [soundings@sasebo.navy.mil](mailto:soundings@sasebo.navy.mil). The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

**Sasebo Soundings**  
**PSC 476 Box 93**  
**FPO AP 96322-1100**

# Command Spotlight: NLSO Sasebo

**JO1(SW) Ron Inman**  
*CFAS Public Affairs*

The Naval Legal Service Branch Office (NLSO) exists to handle the legal needs of the Fleet Activities Sasebo (CFAS) community.

“NLSO provides legal assistance to the community and defense services to active duty Navy personnel,” said LN1(SW/AW) Nichoelle D. Smith, NLSO Branch Office Sasebo Leading Petty Officer.

Personnel eligible for legal services include all CFAS and tenant commands, homeported ships, Department of Defense (DoD) civilians and their family members, and retirees.

Among the services provided are assistance in landlord/tenant disputes, credit card disputes, family matters, powers-of-attorney, wills, immigration and taxes.

The office is staffed by Branch Officer Lt. Randy Vavra, JAGC, USN, Asst. Branch Officer Lt. Mary Thompson, JAGC, USNR, LN1(SW/AW) Smith, Legal Asst. Airman Akeisha Clervil and Japanese Legal Advisor Naoko Takamura.

“A lot of people don’t know that our services are free,” said Smith. “It’s one of the benefits of being a DoD employee or family member.

“The NLSO staff is your staff - we encourage you to come and see us so we can assist you with your personal legal needs.”

The office hours are Monday through Friday from 8 a.m. until 4:30 p.m. Immigration matters, wills and other personal matters require appointments, while notaries and powers-of-attorney can be done on a walk-in basis.

For more information, call 252-3347, or e-mail Smith at <nichoelle.smith@sasebo.navy.mil>.

# College admission requires work, organization

**Amy Brennan**  
*E. J. King Correspondent*

As we begin the second semester at the end of the month, E.J. King recognizes that this is a crucial time. Such huge landmarks as prom and graduation can often overshadow things like college applications, testing, and scholarship deadlines. In the long run, however, these deadlines can be incredibly important. It is crucial that our high school seniors and their parents are aware of every step of the process, and stay on top of the tasks.

For college applications, it is important to not only meet the deadline, but also important to have enough time to research the institution, complete the application, write the essay and ensure quality recommendations. Students should not leave any information blank, and some assistance from parents may be necessary. Also, there is no harm in submitting the application early. This often helps ensure that financial aid money is still available.

In regard to testing deadlines, most colleges and universities require that students’ SAT or ACT scores are submitted prior to admission. For more information about these tests, go to <www.collegeboard.com> or <www.act.org>. To register for one of these tests,

contact Rob Victoria, the high school guidance counselor.

The Free Application for Federal Student Aid (FAFSA) is the federally-funded student loan program. FAFSA provides low and deferred-interest student loans to millions of college students every year. Applying for a FAFSA loan can require that parents prepare their taxes as early as February to meet state-of-record FAFSA deadlines. For more information, visit <www.fafsa.ed.gov>. As a reminder, for male students turning 18, registering with the Selective Service at the post office is not only the law, it is a requirement for receiving federal financial aid.

Scholarships for E. J. King students can be found on websites such as <www.militarychild.org>, or on general scholarship databases like <www.fastweb.com>.

Deadlines such as these are important to seniors, but planning for a child’s college education is an ongoing process. Even an “undecided” student should know their options, and should contact Mr. Victoria in the Student Affairs Office at 252-3072 about what they need to do to plan their futures now. And to both parents and students: start pinching your pennies. A college education may not be free, but it can really pay off.

# ONE-NET to bring computers, more secure network overseas

**JOC (SW/AW) Joseph Gunder**  
*Naval Network Warfare Command Public Affairs*

More than 15,000 brand new computers are set to be installed at Navy bases overseas as part of the migration to ONE-NET, the Navy’s newest enterprise network.

The new computers are part of a larger plan under ONE-NET to replace most of the Navy’s networks overseas, and put them under a centralized control authority for more than 41,000 users on shore installations from Europe to the Far East.

ONE-NET, short for OCONUS (outside continental United States) Navy Enterprise Network, is similar to the Navy/Marine Corps Intranet (NMCI), but will provide users on shore installations overseas a single integrated network.


“ONE-NET provides the centralized information assurance, intrusion detection, monitoring, reporting tools, processes and remediation,” explained David Mackenzie, program manager for ONE-NET. “Any attempts to enter the system will be noticed on ONE-NET. The network has less entry points, firewall compliance-all Navy firewalls are not necessarily compliant with DoD regulations. Our enterprise will ensure the Navy firewall policy is enforced.”

ONE-NET will provide secure and reliable data service to all military personnel who use both the classified and unclassified sides of the network. The classified side is SIPRNET, which stands for Secure Internet Protocol Routed Network, while NIPRNET is the Non-secure Internet Protocol Routed Network, the unclassified side that connects to the Internet.

Computers issued under ONE-NET won’t be low-end, according to Ken Higa, assistant program manager for Base-Level Information Infrastructure at Program Executive Office (PEO) C4I and Space, San Diego. “These new Pentium computers will exceed the typical user needs - the first shipment will have a 3.2 GHZ processor and a 40 GB hard drive. After three years, all ONE-NET workstations are slated to be ‘refreshed’ (or swapped out) to the new PCs.”

So far, only Naval Support Activity Bahrain has been completely “cut over” to ONE-NET, where it supports about 2,400 network users across 73 tenant commands. The initial phase of cut-overs are projected to be completed by September 2007, though the goal is to eventually have all overseas network users from Naples to Guam tied together under ONE-NET.

For related news, visit the Naval Network Warfare Command Navy NewsStand page at <www.news.navy.mil/local/nnwc>.

Profile: LN1(SW/AW)

Defense Legalman/Legal Office Supervisor
Hometown...Atlanta, Ga.
<b>What is your favorite thing about Sasebo?</b>
Akira-san’s shrimp tempura
<b>What hobbies do you have?</b>
Singing, traveling and learning foreign languages
<b>Who do you consider to be your role model?</b>
My Aunt Michelle
<b>What are your personal goals?</b>
To have abs of steel, to mature spiritually, physically and mentally and to become the world’s richest bachelorette
<b>What motivates you?</b>
God’s word and his promises, my mother’s memory and Spanish/Reggae music
<b>What do people not know about you?</b>
I like to eat, and I make people laugh
<b>What is the one thing you can’t stand?</b>
A person who doesn’t keep their word
<b>What is your most embarrassing moment?</b>
I was singing during a solo and my voice cracked in front of an audience
<b>What is your favorite movie?</b>
“Sparkle”
<b>If you could have dinner with three people, living or dead, who would they be?</b>
Phyllis Hyman, Ray Charles and my uncle, Clifford Bryant
<b>If you could bring one thing with you on a deserted island, what would it be?</b>
All the chicken wingettes and catfish I could stand!



# E-mail scam alert: Don't get hooked by 'Phishers'

**JOC (SW/AW) Joseph Gunder**  
*Naval Network Warfare Command Public Affairs*

A new high-tech scam known as "phishing" is duping many people into giving up personal information and, thus, their identity.

According to the Federal Trade Commission (FTC), the nation's consumer protection agency, phishers are crooks who try to trick recipients into disclosing personal information such as Social Security numbers, passwords, bank account information, and credit card numbers.

The phishing attack could come in the form of a spam e-mail and appear to be from a legitimate business. The e-mail may seem like it's addressed directly to the recipient since they're the only entry in the "To:" block, but in reality, it is sent out at random to as many as a million addresses at a time.

The message tries to convince you there is some sort of problem and the only way to fix it is to go to a special Web site where you can conveniently enter your data. The site might look real, but it is run by the scam artist and exists only to steal your identity and run up bills or commit crimes in your name.

The word phishing is a combination of "phreaks," thieves who tap into phone lines to get free long distance service and "fishing," the act of casting a line and hoping to catch something.

Web users might even get a bogus "pop up" message asking for information. It might even have a company logo. But it all just adds to the deception.

Phishers have also been busy mass e-mailing fake lottery winning notifications and appeals to transfer millions of dollars from foreign banks, usually with the promise of leaving a percentage of the account with the victim.

"If it sounds to good to be true, it probably is," said Cmdr. Frank Mellott, Chief Staff Officer for Naval

Network and Space Operations Command in Dahlgren, Va. Mellott was at Little Creek Naval Amphibious Base recently to inform members about identity theft, a problem he dealt with personally when someone stole his social security number and, hence, his identity. "Phishing e-mails are getting better and better. It's going to take a lot of common sense for people to fight those off."

The FTC Web site at <[www.ftc.gov](http://www.ftc.gov)> offers some tips to avoid being fooled:

Be suspicious of all messages asking for personal or financial information. Legitimate companies don't ask

new change requires credit bureaus to provide consumers one free copy of their credit report per year upon request. The free credit reports are being phased in over a nine-month period starting with 13 western states and then progressing east.

Keep antivirus and firewall software up to date. According to the FTC, many phishing e-mails contain malicious code that can infect your computer and report your surfing activities without your consent or knowledge. Antivirus software will scan incoming files for anything suspicious that it recognizes, while a firewall is a barrier to the Internet that will block communications from unauthorized sources. Free antivirus software is available at the Space and Naval Warfare Systems Center (SPAWAR) site at <<https://infosec.navy.mil>>, as well as similar sites by the other services. Users must be on a ".mil" account to access the site, but the software can be downloaded and is authorized to be used on a home computer.

"If you get something from a company and are concerned about who it's from, don't click on the link in the e-mail," said Patty Poss, a lawyer with the FTC's Bureau of Consumer Protection. The FTC serves as the federal clearinghouse for complaints by victims of identity theft. "Phishers are full of ways to trick you.

Poss recommends that if the consumer inadvertently submitted personal information, they should call the FTC's ID theft hotline at 1-877-IDTHEFT, where they will take a complaint, or they can file a report to the FTC's Military Sentinel site at <[www.consumer.gov/military](http://www.consumer.gov/military)>, a secure, online database available to hundreds of civil and criminal law enforcement agencies worldwide. The site at <[www.ftc.gov/bcp/conline/pubs/credit/idtheft.htm](http://www.ftc.gov/bcp/conline/pubs/credit/idtheft.htm)> also recommends what actions to take when someone suspects personal information has been compromised.

For more information, contact Computer Support Division (CSD) at 252-3325.

---

---

***"If you get something from a company and are concerned about who it's from, don't click on the link in the e-mail,"***

---

---

*Patty Poss, FTC's Bureau of Consumer Protection attorney*

---

---

for information this way. If you're not sure, contact the company by phone on a number known to be genuine. You can also open a new Web browser and type in the correct name, one letter at a time. Don't cut and paste the site address into the browser bar, it could lead to a spoofed site that collects data for the thief.

Never send personal or financial information over e-mail, including bank account numbers or passwords. Messages can be read in transit.

Regularly check credit card and bank statements for anything fishy. Free credit reports have been available online since Dec. 1 and can be requested at <[www.annualcreditreport.com](http://www.annualcreditreport.com)> from the three nationwide consumer reporting agencies: Equifax, Experian, and TransUnion. This change is made possible by the Fair and Accurate Credit Transactions Act (FACTA) and the Fair Credit Reporting Act (FCRA). This

## E.J. King yearbook ads selling fast

**Lara Deguzman**  
*CFAS Public Affairs*

The E.J. King High School yearbook class is selling the 2004-2005 yearbooks for \$55 until Feb. 15.

A \$30 deposit reserves your yearbook and the price will later rise during the rest of the school year. Pages are now on sale for parents or friends to congratulate their child or classmates for achieving another successful year in school.

Available pages are running out, so hurry down to E.J. King and grab them while you can. For parents and student prices:

¼ of a page is \$50 ½ of a page is \$75  
A full page is \$100  
For Commands and organizations who would like to purchase advertising space:  
1/8 of a page - \$35 2/8 of a page - \$70  
3/8 of a page - \$105 ½ of a page - \$140  
A full page - \$250

Order forms are available from the school. Cash or check is accepted. All page order forms must be in by February 1, 2005.

For more information on the yearbooks, contact Roseann Lippert at 252-3059 or E-mail her at <[roseann.lippert@pac.dodea.edu](mailto:roseann.lippert@pac.dodea.edu)> or Sean Alt at 252-8291 or <[sean\\_f\\_alt@yahoo.com](mailto:sean_f_alt@yahoo.com)>.

## Martin Luther King, Jr. Scholars Program offering scholarships

**Amy Brennan**  
E.J. King Correspondent

In recognition of the legacy of Dr. King (whose birthday will be observed on Jan. 17), the U.S. Department of Education is soliciting applications under the Martin Luther King, Jr., Scholars Program, offering as many as 10 summer internships at its Washington, D.C., headquarters.

Selected college students, continuing undergraduate or graduate students with an interest in education or public policy and administration, will receive temporary

federal appointments for an eight-week period from June 13 to Aug. 5. They will be hired at federal pay grades GS-4, 5, 7, or 9, depending on qualifications and the level of education completed, and be assigned to the Office of the Secretary or the office of one of the assistant secretaries to assist with a variety of projects designed to offer developmental experiences and exposure to government and public policy.

Applications are due by Jan. 21. Visit <[www.ed.gov/programs/mlk/](http://www.ed.gov/programs/mlk/)> FMI.

## Work out, watch out...



A Hario resident keeps an eye on her kids while working out on a cross trainer in the newly renovated 'soft room' at the Hario Gym. The room, designed for kids age 5 and under, was completed in house with resources from Morale, Welfare & Recreation Department. In addition to

the well-padded children's play area, the room includes a treadmill, two cross trainers and a bike for adults to use while watching their kids at play. The new soft room, renovated and expanded as a result of customer feedback, averages over 20 families daily. (Photo by Frank DeSilva)



Some parents who have children enrolled in one of the CDCs or Youth Centers may have difficulty reading their CYMS thermal receipts due to poor printing quality. Parents who must have the receipts for tax purposes should stop by their respective center and request assistance from the supervisor on duty, who will be happy to provide a record of enrollment from May (when CYMS went on line) through December 2004. For more information, call your CDC or Youth Center.

Kids are going to love the fun-filled 'Hunk-Ta-Bunk-Ta' wholesome family-style variety show on Monday, Jan. 17 at the Village Theater in Hario. The free show, scheduled to get underway at 6 p.m., features music by Katherine Dines and the Hunk-Ta-Bunk-Ta Band plus a heavy dose of audience participation. For more information, call 252-1802.

Sign up at the Travel & Tours Office today for the Ureshino Ryokan Spa and Massage trip scheduled for Monday, Jan. 17. All seats are just \$45 and include all spa and massage fees, yukata (robe) rental and transportation. Bring yen for lunch. For more information, call 252-3433.

Adults are always welcome to enjoy free Comedy Night at the Harbor View Club. Comedians Ronald Moore and Mo Amer are set to perform live on stage in the Sakata Room on Tuesday, Jan. 18. Showtime is 8 p.m. Material is not suited for children. For more information, call 252-3965.

Teens 13-17 are invited to attend a free Movie Night on Friday, Jan. 21 from 6 to 10 p.m. at either the Main Base or Hario Teen Center. Teens can request any available G, PG or PG-13 rated movie prior to viewing day. Teens who were born during the month of January can celebrate their birthday with friends at either the Main Base or Hario Teen Center on Saturday, Jan. 29 from 5 to 7 p.m. Free cake and ice cream will be served. For more information about Movie Night or Birthday Party events, call 252-3797 or 252-8966.

Children ages 5-9 are invited to participate in the Glass Bottom Boat Ride & Genkai Energy Park Trip scheduled for Saturday, Jan. 22. Cost is only \$8 for transportation plus 1,050 yen for entrance fees. Participants will enjoy a glass bottom boat ride and discover what creatures live under the sea off the coast of Kyushu, then tour Genkai Energy Park to find out how energy is harnessed and distributed throughout Kyushu. The bus is scheduled to depart Main Base Youth Center at 8 a.m. and from the Hario Youth Center at 8:30 a.m., returning to Hario at 4 p.m. and Main Base at 4:30 p.m. For more information, call 252-2989 or 252-8866.


Pre-teens 10-12 are encouraged to sign up for the Pre-Teen Pool Tournament scheduled for Saturday, January 22 from 5 to 7 p.m. at the Main Base and Hario Pre-Teen Centers. There is a \$1 entry fee. Interested participants must register at one of the Pre-Teen Centers by Tuesday, January 18. A special Pre-Teen Pizza Night is scheduled for Friday, Jan. 21 at both Pre-Teen Centers. You can eat all the pizza you want for only \$1.50 per slice, but you must register by Tuesday, January 18. Pre-Teens (10-12) who were born during the month of January can celebrate their birthday with friends at either the Main Base or Hario Pre-Teen Center on Saturday, January 29 from 5 to 7 p.m. Free cake and ice cream will be served. For more information about the Pool Tournament, Pizza Night or Birthday Party, call 252-2908 or 252-8968.

People with pets may want to make a note of the new hours of operation for the Paws & Claws facility. The new hours are Monday-Friday, 10 a.m. to 5 p.m. and Saturday and Sunday from 10 a.m. to 4 p.m. For specific holiday hours, please call 252-2905.

All commands are cordially invited to participate in a new CFAS Bowling League now being organized at the Spare Time Recreation Bowling Center. The new league will run for 16 weeks beginning in February 2005. Cost is only \$10 per week per bowler. The first meeting is scheduled for Wednesday, February 2 at the Bowling Center. All interested bowlers are encouraged to attend, as league officials will be elected and by-laws drafted. Interested bowlers must register to join the CFAS Bowling League at the Spare Time Recreation Bowling Center (Bldg. 91) prior to Monday, Jan. 31. For more information, call 252-3634.

On my jaunts back to the good old U. S. of A., I will usually rent a car – out of my own pocket – in case the Comptroller is reading this column. I'm eternally amazed when I go to raise my driver's window following the showing of my I.D. card, or for whatever other reason, and I discover it doesn't go up automatically. I'll push, flip, or pull the power window button to raise the window and it will climb an inch and stop, as I have taken my finger from the switch. I have to relearn the task of holding the switch until the window is once again closed.

The reason for this is directly attributable to our litigious American society, as is the added weight and cost of roof beams, door beams, collapsible bumpers, and myriad other features found on cars built for use in the United States. Now, Jim Whalen will be upset with me for having disparaged these accoutrements that indubitably add to the safety of vehicle passengers, but the fact is, most Japanese cars simply don't have many of our paranoid add-ons.

A portrait photograph of Jim Whalen, a middle-aged man with glasses, wearing a dark suit, white shirt, and a red tie. He is looking directly at the camera against a blue background.

In a Japanese car, you can lower and raise the driver's window with a single flick of a finger. If someone has their head or hands sticking out, the window will stop when it hits the obstruction, but not before it has caused that individual some discomfort. If any of you have witnessed a Japanese car that has been involved in a serious accident, it is unrecognizably contorted – largely due to the absence of those structural beams that reinforce American body panels.

The basic logic behind what might be perceived as the Japanese Government's blatant lack of concern for the safety of vehicle occupants comes from the fact that the national speed limit is 80 KPH, or 50 miles per hour. In virtually every instance where you see a beautiful new car turned into a grotesque pile of scrap metal, the driver was traveling well in excess of that speed limit. It just doesn't make any sense to the Japanese to require everyone to pay for reinforced cars so these scofflaws can tear up and down the highways of Japan with a greater assurance of surviving an ensuing wreck.

Just as suing an auto manufacturer because your child catches his head in a power window doesn't cross the mind of the average Japanese, they have come to assume personal liability for stupid accidents they incur, and fate to a large extent for accidents where others hit them. The blight of a citizenry, foaming at the mouth as they follow shysters brandishing writs into an adversarial courtroom, seeking restitution for their personal incompetence and foolhardy actions, has not come to Japan – yet!





# SHOWBOAT THEATER

SCHEDULE FOR JANUARY 14-23

TELEPHONE: 252-3822

FRIDAY, JANUARY 14	SATURDAY, JANUARY 15	SUNDAY, JANUARY 16	MONDAY, JANUARY 17	TUESDAY, JANUARY 18	WEDNESDAY, JANUARY 19	THURSDAY, JANUARY 20	FRIDAY, JANUARY 21	SATURDAY, JANUARY 22	SUNDAY, JANUARY 23
5 p.m. <b>BLADE: TRINITY</b> Christmas with the Kranks	2 p.m. <b>LEMONY SNIKETS: A SERIES OF UNFORTUNATE EVENTS</b> Christmas with the Kranks	2 p.m. <b>NATIONAL TREASURE</b> Lemony Snicket's: A Series of Unfortunate Events	6 p.m. <b>FAT ALBERT</b>	6 p.m. <b>SEED OF CHICKY</b>	6 p.m. <b>AFTER THE SANCT</b>	6 p.m. <b>SEED OF CHICKY</b>	5 p.m. <b>THE INCREDIBLES</b>	2 p.m. <b>SHARK TALE</b>	2 p.m. <b>THE POLAR EXPRESS</b>
7:30 p.m. <b>FAT ALBERT</b>	5 p.m. <b>MEET THE FOCKERS</b>	5:30 p.m. <b>MEET THE FOCKERS</b>	8:30 p.m. <b>BRIDGE JONES: THE EDGE OF REASON</b>	8:30 p.m. <b>MEET THE FOCKERS</b>	8:30 p.m. <b>RAY</b>	8:30 p.m. <b>OCEAN'S TWELVE</b>	7:30 p.m. <b>BLADE: TRINITY</b>	5 p.m. <b>MEET THE FOCKERS</b>	5:30 p.m. <b>NATIONAL TREASURE</b>
9:30 p.m. <b>PHANTOM OF THE OPERA</b>	7:30 p.m. <b>AFTER THE SANCT</b>	8:30 p.m. <b>OCEAN'S TWELVE</b>					10 p.m. <b>ALEXANDER</b>	7:30 p.m. <b>BLADE: TRINITY</b>	8:30 p.m. <b>BLADE: TRINITY</b>

## HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, JANUARY 14	SATURDAY, JANUARY 15	SUNDAY, JANUARY 16	MONDAY, JANUARY 17	TUESDAY, JANUARY 18	WEDNESDAY, JANUARY 19	THURSDAY, JANUARY 20	FRIDAY, JANUARY 21	SATURDAY, JANUARY 22	SUNDAY, JANUARY 23
6:30 p.m. <b>THE INCREDIBLES</b>	2 p.m. <b>LEMONY SNIKETS: A SERIES OF UNFORTUNATE EVENTS</b>	2 p.m. <b>NATIONAL TREASURE</b>	<b>NO MOVIES SCHEDULED</b>	<b>NO MOVIES SCHEDULED</b>	<b>NO MOVIES SCHEDULED</b>	6:30 p.m. <b>BRIDGE JONES: THE EDGE OF REASON</b>	6:30 p.m. <b>CHRISTMAS WITH THE KRANKS</b>	2 p.m. <b>THE SPONGEBOB SQUAREPANTS MOVIE</b>	2 p.m. <b>SHARK TALE</b>
9 p.m. <b>OCEAN'S TWELVE</b>	6:30 p.m. <b>FAT ALBERT</b>	6:30 p.m. <b>SEED OF CHICKY</b>				No scooters, skateboards, firearms or backpacks allowed in theaters. NO OUTSIDE FOOD OR BEVERAGES.	9 p.m. <b>PHANTOM OF THE OPERA</b>	6:30 p.m. <b>AFTER THE SANCT</b>	8:30 p.m. <b>PHANTOM OF THE OPERA</b>
	9 p.m. <b>BRIDGE JONES: THE EDGE OF REASON</b>							9 p.m. <b>PHANTOM OF THE OPERA</b>	

**BLADE: TRINITY (R)**  
*Starring: Ashley Joplin, Vito Klossonfren, Ryan Reynolds, Jessica Biel and Parker Posey*  
 For years Blade has fought against the vampires in the cover of the night. The world above is unaware of his brutal ongoing war. But now, after being into the crosshairs of the FBI, he is forced out into the daylight where he is drawn to join forces with a clan of human vampire hunters he never knew existed: the Nightstalkers. Together with Algel and Hemberle (two highly trained Nightstalkers), Blade follows a trail of blood to an ancient creature that is hunting him . . .

**ALEXANDER (R)**  
*Starring: Colin Farrell, Alexander, Anthony Hopkins, Angelina Jolie and Val Kilmer*  
 Alexander the Great was a ruthless conqueror who had amassed the greatest empire the world had ever seen. Past and present collide to form the puzzle of the protagonist in which childhood memories and self-doubt test their relationship. And just when it seems it couldn't get worse (Blade's former boss) headbush Daniel Cleaver sails into view.

**LEMONY SNIKETS: A SERIES OF UNFORTUNATE EVENTS (PG)**  
*Starring: Jim Carrey, Mary Steen, Emily Deschanel, Kara Hoffman and Cam Allen*  
 Three young orphans (Motel, Klaus and Sunny) are looking for a new home and they are taken in by a series of odd relatives and other people, including Lemony Snicket. The cunning and dastardly Count Olaf hopes to snatch the inheritance from the orphans.

**BRIDGE JONES: THE EDGE OF REASON (R)**  
*Starring: Penelope Zeltwager, Colin Firth, Hugh Grant, Jessica Radford and Jim Broadbent*  
 We find Bridge where we left her: beautiful and beset in the arms of gorgeous lawyer Mark Darcy. Mark is accomplished, supportive and tolerant of all of Bridge's tiny jealousies. With the entry of a league threat, Bridge's pink clouds begin to turn gray as her attacks of self-doubt test their relationship. And just when it seems it couldn't get worse (Blade's former boss) headbush Daniel Cleaver sails into view.

**Premiere Feature**

**CHRISTMAS WITH THE KRANKS (PG)**  
*Starring: Tim Allen, Jamie Lee Curtis, Julia Gonzalo, Dan Aykroyd and John Raley*  
 Imagine a year without Christmas. That's just what Luther and Nora Krank have in mind when they decide to skip the holiday altogether. They right as well since it won't be the same without their daughter who's away in the tropics.

# ONE FREE MOVIE!

with the new MWR

## CINE-PASS

Receive one stamp for each movie admission. Collect 7 stamps, your 8th movie is FREE!

### ON SALE NOW!

### Cine-Pass

available for purchase at:

- Showboat Theater
- Harjo Theater
- Travel & Tours Office

For more information call 252-2960

### Great Gift Giving Idea!

1. All sales are final. No refunds.
2. Cash receipts will not be repaid.
3. This card can be used for multiple admissions.
4. Adults (Cine-Pass Card) are used for an adult's admission.
5. Admissions to benefit your yearly warranty.
6. Any card that has been manipulated, defaced or is deemed illegible will not be accepted.
7. This certificate has expiration date.
8. No backdrops, children, seniors, students or clubs are allowed in the theater.
9. No outside food or beverages allowed.
10. CINE-PASS is for use at the Showboat & Village Theater.



# CNO 2005 guidance sets course for Navy

*Special Chief of Naval Operations Public Affairs*

The Navy’s mission is dependent upon getting the people with the right skills to the right place at the right time. To succeed, the Navy will continue to provide them with both professional and personal tools needed for success.

The following is an overview of the CNO Guidance for 2005:

Manpower: “We are winning the battle for people. We are attracting, developing and retaining a talented cadre of professionals who have chose a lifestyle of service.” Efforts in 2005 will focus on developing a Human Capital Strategy, increasing the quality of recruits and their training, expanding diversity and focusing on professional military education for all paygrades under Sea Warrior.

“We have to get to the fight faster to seize and retain the initiative. That requires increasing the operational availability of our forces by continuing to refine and test the Fleet Response Plan (FRP).” CNO said a key word in the Navy’s future is surge, adding that, “if a resource doesn’t have surge capability we are not going to own it.” The number one priority is taking the fight to the enemy. To accomplish this, the Navy will also improve its maritime security cooperation initiatives with allied navies and also provide homeland security and force protection.

“Speed, agility and a commitment to joint and coalition interoperability are core attributes of this evolving Navy.” The Navy continues to move forward with the Sea Power 21 vision, comprised of Sea Strike, Sea

Shield, Sea Basing and FORCEnet, to transform the way the Navy fights. This includes refining the Navy’s global war on terror capabilities needed to support Homeland Security and Homeland Defense missions.

Quality of Service: “The quality of service of our Sailors, their families and our civilian workforce is a top priority in carrying out our mission. We will foster innovation and support technologies that will enable our people to do their jobs more efficiently and effectively.” This year’s focus will be to review and recommend ways to more tightly fit educational experiences to job requirements. Other initiatives include eliminating all inadequate bachelor and family quarters by 2007, and achieving Homeport Ashore by 2008.

“Our objective is to unify the entire Navy and deepen the cultural change in our institution so that our organizations, processes, communication and actions align with our institutional beliefs, values and priorities.”

A major focus for alignment is establishing a national Global Maritime Intelligence Center, integrating DoD, Department of Homeland Security and allied intelligence resources to support global maritime surveillance, global Maritime Interception Operations and Maritime Homeland Protection.

Clark, in summing up his 2005 Guidance, said that “The evidence is clear. We are moving in the a positive direction on all of the major issues of the day. You have set a standard of excellence, from success in recruiting and retention, and the unparalleled availability of our forces, to the new and more capable ships, aircraft and shore infrastructure we are fielding to fight the global

war on terror.”

The CNO also said that the Navy’s mission remains bringing the fight to our enemies. “Your effort and your accomplishments have set in motion forces of change, beginning the journey I believe we must undertake if we are to maintain the greatness that our 229 years of naval history has bestowed upon us,” he said.

To accelerate positive change within the Navy, “our behavior must also reflect our organizational values of Honor, Courage and Commitment. Leadership must drive this alignment of values and behavior; the Sailors who serve our great nation deserve nothing less,” he said.

Specifically, CNO said we must be more diligent in looking after the health of our entire Navy family. “In particular, we must deepen our commitment to prevent alcohol abuse, violent crime, spouse and child abuse, and blue-on-blue incidents. To do this, we must adhere to the highest standards of ethical and personal conduct.”

“Remember, our people remain at heart of all that is good in our Navy. Our expectations for 2005 are high, and we will continue to provide new opportunities for growth and development of our Sailors,” he continued.

“Positive change is the bridge to our future. The business of the Navy will always be combat, and victory is both our mission and our heritage. Therefore, my guidance to you this year is to bridge to the future, taking us from today’s fight to tomorrow’s victories.”

To read CNO Guidance 2005, visit <www.chinfo.navy.mil/navpalib/cno/clark-guidance2005.pdf>.

## Sasebo Elementary students to raise money for Tsunami victims

**Beth Martin**  
*Sasebo Elementary Correspondant*

Altuism is more than just an abstract concept for the students of Ms. Ballinger’s sixth grade class at Sasebo Elementary School. They are learning the true meaning of giving to others in need



*Sasebo Elementary School sixth grade students hold posters and a container of money they’ve collected for Indonesia’s Tsunami victims. The students, members of a group called “Caring Kids,” have volunteered themselves for several worthy causes this year, and are currently trying to raise money for the recent Tsunami disaster plaguing Indonesia. (Photo by Beth Martin)*

through several projects at school. Early in the school year the class decided to support a children’s home in the Phillipines through donations of clothing. The students organized themselves into a group called “Caring Kids,” or CKs.

Throughout the fall they held fund

raisers such as bake sales and the sale of caring grams. The caring grams, sold to other students and teachers, consisted of small candy and a note that a student could have delivered to other students or favorite teachers. The class also raised money by selling popcorn during the Fall Movie Night. The class was successful in their attempts, and mailed several boxes of clothing to the children’s home located in Kamuning Quezon City .

Now in response to the most recent tsunami disaster, the class has focused their alutrism on helping victims in Indonesia. The students plan to raise money by selling bracelets, having bake sales and asking for donations. Clara Martin, E.J. King freshman, is acting as their mentor and facilitator, as well as initiating a similar fundraiser for the highschool.

The Caring Kids hope to raise at least \$500 to send to the tsunami victims. When asked why the Caring Kids are so involved in volunteering, spokesman for the group, Andrew Racek , replied, “We just want to help.”



## Exceptional Sailor Program rewards responsible, hard-working Sailors

**JOSN Jeff Johnstone**  
*CFAS Public Affairs*

A program aimed at junior Sailors (E-1 - E-4) arriving at Fleet Activities Sasebo (CFAS), gives them a chance to earn privileges while learning about their host country, demonstrating a solid work ethic and proving themselves as ‘exceptional’ Sailors to their new command.

That program is the Exceptional Sailor Program (ESP).

“The program, depicted in Commander, U.S. Naval Forces Japan Instruction 1050.7, exists to curb the amount of liberty incidents involving junior Sailors,” said Legalman Second Class (SW) Stephen Thaggard, CFAS ESP Committee president.

According to Thaggard, the program accomplishes its mission - and helps set junior CFAS Sailors up for success.

“ESP helps junior Sailors break themselves out in evaluations,” said Thaggard.

“For example, if there are two Sailors with a 4.0 trait grade average, and one of them is an ESP participant, participation in the program can help to break out the ESP Sailor to an evaluation board. Plus, involvement in the program can be justification for that 4.0.”

Upon arriving at CFAS, new junior Sailors are expected to abide by a Midnight curfew seven days a week for their first 90 days onboard. In addition, no alcohol may be consumed in Combined Bachelor Enlisted Housing

rooms during this period.

Once a Sailor attains ESP status, they receive a blue liberty card granting them overnight liberty seven days a week.

Following these rules, consistently performing solid work, maintaining a professional appearance, participating in local community events and passing the command physical fitness assessment (PFA) if required, are prerequisites to attaining ESP status.

“If a Sailor is on their second enlistment, the three month requirement may be waived. Also, if the Sailor was on ESP status at his/her previous command, the three month rule can be waived,” said Thaggard.

Breaking the CFAS ESP liberty program may result in serious repercussions.

“Breaking the liberty policy is a direct violation of Article 92 of the Uniform Code of Military Justice (UCMJ). Possible consequences include court martial, which could result in confinement and reduction in rank,” said Thaggard.

“Even if the Sailor only receives Captain’s Mast, they can still lose pay and face extra duty and restriction,” he emphasized.

“The rule is easy to comply with, and not worth the risk,” he said.

The program doesn’t always exclude non-ESP Sailors from taking advantage of some of the fun activities offered by CFAS and Morale, Welfare and Recreation (MWR).

“Non-ESP Sailors can always run a special request chit if they’d like to go on an overnight MWR trip,” said Thaggard.



**Deadline for  
submissions is Tuesday  
at Noon**





Fleet Gym 252-3588

Hario Gym 252-8691

# New equipment makes fitness a quality resolution for a healthy New Year

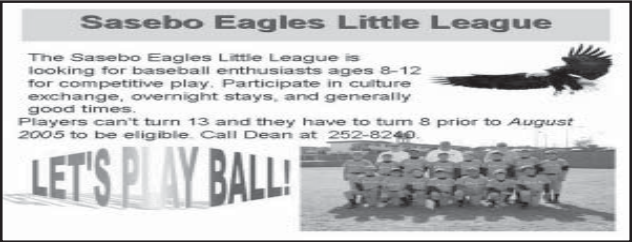
**Alec Culpepper**  
Fitness & Aquatics Director

The New Year is a perfect time to make a new start and with the introduction of a new piece of equipment Morale, Welfare and Recreation (MWR) can help you



The Morale, Welfare and Recreation (MWR) Fitness and Aquatics Director (left), offers his assistance to a patron of Main Base Fitness Center using the new Polar TriFit Assessment System. (Released by CFAS Public Affairs)

meet your fitness goal. The Polar TriFit Assessment System is designed to establish a personal fitness baseline with a number of programs ranging from initial measurement of body weight and height, blood pressure, body composition, strength, flexibility and cardio respiratory fitness. All of your information is then inputted into the system to formulate a personal profile. Your personal profile will offer suggestions for behavior modification, nutrition and exercise. In addition, this system enables us to combine modern technology with exercise programs currently offered resulting in an individual fitness prescription. Here at the Fleet and Hario Fitness Centers, we understand keeping a fitness commitment can be a challenge. We are doing our part in supporting military members and others to move into a healthy and rewarding lifestyle change. For more information, call either David Glazier, Hario Fitness Director at 252-8845, or Alec Culpepper, Main Base Fitness Director at 252-2927. Appointments are available, call to sign up!



## Upcoming Sports/Events

**Martin Luther King Jr. Golf Tournament:**  
Monday, Jan. 17.  
Event will be held at Highway Golf Course. A registration fee of \$5 is needed, and spots are limited so sign up as early as possible to reserve a spot. Tee times must be secured by Jan. 12. Call Mark Haley at 252-3588.

**Martin Luther King Jr. 5-on-5 Basketball Tournament:**  
Monday, Jan. 17  
Register your team by Wednesday, Jan. 12. Team Awards will be given to the top three teams, along with MVP and Sportsmanship Awards. Call Mark Haley at 252-3588.

**Martin Luther King Jr. Day 10K Run/5K Walk:**  
Monday, Jan. 17  
Race starts 11:30 a.m., in front of the USO in Nimitz Park  
Pre-register at Fleet Fitness Center. Race Day sign-ups always welcomed. Awards will be given to the top finishers in each division (Youth, & Adult). FMI: 252-2927/3588

**Saza 10K Road Race**  
Sunday, March 13 at Saza-cho Nagasaki Prefecture. Registration Deadline: Thursday 3 February (Fee - ¥2500) Transportation will be provided. For more info please call 252-2927/3588

## Fitness Tip: New Years resolutions; Understanding the behavior change process

**Alec Culpepper**  
Fitness & Aquatics Director

Psychologists believe that people who successfully change their behavior – who quit smoking or start exercising, for example – all tend to go through a similar process that is marked by several stages. The Stages of Change: One of the most widely used models about changing

physical activity level is the Stages of Change model. Stage 1: **Precontemplation** People in the precontemplation stage have no intention of changing. Education is the way to go. Help precontemplators understand the risks of a sedentary lifestyle. Stage 2 : **Contemplation** Contemplators are thinking about becoming more active, but have not yet taken steps in this direction.

Contemplators are weighing the pros and cons. Help them think of ways to solve the problems they envision, such as not having enough time. Stage 3 : **Preparation** Preparers are taking steps to get ready to begin. Preparers may have unrealistic expectations, and need help designing an exercise program that is practical and realistic. Stage 4: **Action** People in the action stage are doing it. They have started to exercise, but have not yet maintained this new behavior for at least six months. Half of people in the

action stage will still drop out of their exercise programs. Stage 5: **Maintenance** People in the maintenance stage are the folks you see week after week, and even year after year, in classes and using the fitness facility. They have been exercising for at least six months, and have a fairly reliable exercise habit. The maintenance stage of exercise is a continuous challenge for most people, since regular physical activity requires quite a bit of time and energy.

## Sasebo road race attracts CFAS runners...



Sasebo’s biggest road race celebrating New Year was held in the Ainoura District on Jan. 9. The event has a long history in Sasebo City, and this year the number of participants tallied over 1,700, including school children. This was Sasebo’s 55th road race, and despite the cold temperature that day, all six Fleet Activities Sasebo (CFAS) participants finished the 10 km race. Participants from the CFAS community (pictured above) competed in the event. (Released by CFAS Public Affairs)

## E.J. King hosts wrestling tournament

**Lara Deguzman**  
CFAS Public Affairs

The E.J. King High school wrestling team hosted a tournament for schools from Zama, Yokosuka, Yokota, and Misawa to come down and wrestle for first - fourth place in their weight division Friday, Jan. 7 and Saturday, Jan 8. Senior, Brandon Gilbert, won first place in his weight, class, beating Yokota High school with a score of 14-2, and wrestling his own team mate Matt Heitstuman. “With Yokota, it was a pretty intense match, the guy came out pretty strong, but I felt I had better endurance and my opponent just got tired,” Brandon said. According to Brandon, it was hard for him to wrestle with his best friend, Matt. Since they wrestle with

each other all the time during practice, it was, surprisingly, a match he enjoyed. Even though Matt took home second place in his weight class, he realized he needed to do some improvement in a lot of his matches. “After the tournament, I knew I needed to work harder, because I think I slack off too much in practice,” Matt said. One of the few wrestling moves that was very popular with the other schools was the cross face. Thats when the arm swings across the opposing wrestler’s face. “Since we practically have a new team this year, it is not instinct for most of the wrestlers to cross face in a wrestling match, though its very effective once you get the hang of it,” said Matt. The E.J. King wrestling team’s next tournament will be held this Friday in Misawa.